



# TheMHS Conference

27-30 August 2019 - Brisbane

## Building Healthy Communities: *Stories of Resilience and Hope*

### PROTECT (PROactive deTECTION) Workshop

9:00 – 10:00	<b>Introduction: Without risk there is no recovery</b> Using a novel tool, the Care Compass, workshop attendees will be introduced to the construct of relational safety and deep empathy and how to balance risk and recovery.
10:00 – 10:15	Comfort break
10:15 – 11:00	<b>AWARE: Reflection in action, on action, for action</b> Mental shortcuts and attitudes that we hold towards suicide considerably influence our clinical decisions. This session will explore factors in the AWARE framework and help participants reflect on their decision making. Key concepts covered in this session will include rational vs rationalizing and the creep crash crawl phenomenon.
11:00 – 11:20	Morning Tea
11:20 – 12:30	<b>DESPAIR: Translating AWARE into enhanced assessment</b> The use of comprehensive risk tools in time pressured environments is difficult. The DESPAIR session will provide participants an easy to use post assessment crosscheck that will meaningfully increase rigor and involve the person in distress and their families in shared decision making.
12:30 – 13:15	Lunch
13:15 – 14:30	<b>ASPIRE I: Acceptance to Action (Here and Now)</b> This session will focus on the initial engagement and management plan. Novel strategies from motivation interviewing will be used to engage in safety planning, problem solving and delivering person centered care. Participants will get the opportunity to practice the pain relief dialogue and use the risk response balance sheet approach and constructing the circle of trust.
14:30 – 14:50	Afternoon Tea
14:50 – 15:30	<b>ASPIRE II: Acceptance to Action (Longer Term)</b> Using a CBT based tool called the Review Cycle attendees will learn how to carry out meaningful monitoring that continuously bolsters the safety plan. An ACT based approach to support people in distress to take values guide committed actions will form another focus for this session.
15:30 – 16:00	<b>NOTES: Paperwork for proper work</b> Risk formulations need to be comprehensive yet precise. Participants will learn how to capture the assessment, decisions they make and their management plan into coherent plan of action that guides future care.
16:00 – 16:30	<b>Food for thought: Take home messages</b> In the final session of the workshop, the faculty through a panel discussion will bring together the key messages that attendees have been exposed to and provide an opportunity for attendees to reflect on how the learning from the workshop will progress their practice.